

# FOOD MEDITATION with CORINNE TRANG

Waking up with the sun rising before me, I stayed in bed meditating. I visualized a delicious pale creamy yellow banana. Peeling away its waxy yet smooth skin, bit by bit, I could taste its sweetness, feel its softness on my tongue, inhaling its unique perfume while each bite offered a different delicious experience. All senses satisfied, happy belly filled with nothing but bliss. What's your food meditation?



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